

Locomotor Skip and run using a maturing pattern.	2.1.1.1	Non-Locomotor Maintain balance on different bases of support, combining levels and shapes.	2.1.1.1
Locomotor Jump and land in the horizontal plane demonstrating four of the five critical elements, while taking off and landing with two feet.	2.1.1.2	Non-Locomotor Transfer weight from feet to different body parts or bases of support for balance or travel.	2.1.2.2
Locomotor Jump and land in the vertical plane demonstrating four of the five critical elements while taking off and landing on two feet.	2.1.1.3	Non-Locomotor Roll in different directions with either a narrow or curled body shape.	2.1.2.3
Locomotor Combine locomotor and non-locomotor skills in educational dance with correct response to simple rhythms.	2.1.4.4	Non-Locomotor Perform non-locomotor skills with the body in a variety of stationary positions, while maintaining balance.	2.1.2.4

<p>Non-Locomotor 2.1.2.5</p> <p>Combine balances, non-locomotor skills and locomotor skills to perform a three-part educational dance and an educational gymnastics sequence.</p>	<p>Manipulative 2.1.3.6</p> <p>Dribble with the feet while traveling through general space.</p>
<p>Manipulative 2.1.3.1</p> <p>Roll and throw underhand using a maturing pattern.</p>	<p>Manipulative 2.1.3.7</p> <p>Receive a partner-pass with the feet, while maintaining control of the object and the body.</p>
<p>Manipulative 2.1.3.2</p> <p>Throw overhand with side facing target and opposite foot forward.</p>	<p>Manipulative 2.1.3.9</p> <p>Kick a stationary ball demonstrating three of the five critical elements of a maturing pattern.</p>
<p>Manipulative 2.1.3.4</p> <p>Catch a self-tossed hand-sized ball demonstrating two of the four critical elements of a maturing pattern.</p>	<p>Manipulative 2.1.3.11</p> <p>Volley with a partner using hands only while maintaining balance.</p>
<p>Manipulative 2.1.3.5</p> <p>2.1.3.5</p> <p>Dribble with preferred hand while remaining in personal space (self-space), demonstrating a maturing pattern.</p>	<p>Manipulative 2.1.3.13</p> <p>Strike using a short-handled implement, while controlling direction.</p>

Manipulative	2.1.3.14	
Strike using a long-handled implement while controlling direction.		
Manipulative	2.1.3.16	
Consecutively jump forward and backward, demonstrating a maturing pattern, using a self-turned rope.		
Manipulative	2.1.3.17	
Enter a long rope with teacher-assisted turning.		

<p>Movement concepts, principles and knowledge 2.2.1.1</p> <p>Travel in different directions differentiating between movement in personal space (self-space) and general space. For example: up, down, forward, backward, right, left.</p>	
<p>Movement concepts, principles and knowledge 2.2.1.2</p> <p>Manipulate and control equipment in different relationships to others and objects. For example: over, under, through, around, behind.</p>	
<p>Movement concepts, principles and knowledge 2.2.1.3</p> <p>Travel using varying speeds and forces with gradual increases and decreases in both speed and force.</p>	

<p>Physical Activity Knowledge 2.3.1.1</p> <p>Identify physical activity recommendations and recognize indoor and outdoor physical activities that could be used to meet these recommendations outside of physical education class.</p>	<p>Nutrition 2.3.5.1</p> <p>Recognize the relationship between nutrition and physical activity.</p>
<p>Engages in Physical Activity 2.3.2.1</p> <p>Actively participates in physical activities without teacher prompting.</p>	
<p>Fitness Knowledge 2.3.3.1</p> <p>Describe what it feels like to work one's heart.</p>	
<p>Fitness Knowledge 2.3.3.2</p> <p>Describe what it feels like to work one's muscles.</p>	

<p>Personal Responsibility 2.4.1.1</p> <p>Follow class rules and protocols related to self, space and equipment.</p>	
<p>Feedback 2.4.2.1</p> <p>Accept corrective feedback from the teacher.</p>	
<p>Working with others 2.4.3.1</p> <p>Work respectfully in small or large group activities while sharing equipment and space.</p>	
<p>Safety 2.4.5.1</p> <p>Move safely using equipment in personal space with minimal reminders.</p>	

<p>Health 2.5.1.1</p> <p>Identify the overall benefits of participation in physical activity. For example: mental-emotional health, physical health, social health, cognitive health.</p>	
<p>Challenge 2.5.2.1</p> <p>List physical activities that bring confidence and challenge.</p>	
<p>Self-expression and enjoyment 2.5.3.1</p> <p>Describe positive feelings associated with participation in physical activities that are done alone and with others.</p>	